

LYNN COUNCIL ON AGING SENIOR CENTER



**February
2014**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Happy Valentine's Day!

Cupid, where are you? I was going to write about hearts and love and flowers; but changed my mind thinking...what if someone out there doesn't want to hear it? What if someone doesn't want to be triggered about a lost love, missing a loved one, having never loved or the loves that have gone before us OR what about those honorable couples that gently talk about sticking it out for so many years with the husband or wife or companion because it was the right thing to do? Then there's that special love. A couple came in to see me and, "Wow! They had some dynamics going on!" She stayed with him for over fifty years because in her words, "How often do you get a guy that cleans?" She does proudly boast that she had to retrain him from his mother's habits! Then he said, "I decided to marry her because she considered my proposal. And I thought, she must be nuts! I didn't think a girl would ever agree to marry me so I went through with it! I don't mind that she's pushy and knows everything." They both admitted with much patience and tolerance, going into their 56th year.....they think they love each other.

~Stacey Minchello~

From Your Mayor

I hope you all had a wonderful holiday season and a happy start to 2014.

Our downtown cultural district is kicking off the year with a bang. The Lynn Museum plans to reopen to the public on Feb. 5 with three new exhibitions and a full schedule of winter and spring programs. It also promises to be a busy and exciting month of performances at the Lynn Auditorium, which will welcome the Beatles tribute band the Fab Four on Feb. 6, Southside Johnny and John Cafferty on Feb. 8, rock band Cheap Trick on Feb. 16 and Raymond and Miguel on Feb. 22. On Friday, Feb. 28, the auditorium will be host to a much anticipated performance of *A Bronx Tale*. Starring Academy Award nominee Chazz Palminteri, *A Bronx Tale* tells the story of a young boy from a working class family who is introduced to the world of organized crime. For information and tickets, please call the Box Office at 781-581-2971.

Throughout the month, we will be celebrating a number of holidays, such as Groundhog Day, Valentine's Day and Presidents Day. I hope you are able to spend some time with loved ones, and we can only hope that Punxsutawney Phil does not see his shadow, and we can see an end to this cold, winter weather.

In the event of a snow emergency, information will be posted on the city website and also broadcast on the radio and local cable channels: WESX AM 1230, WBQQ 104.9 FM, Comcast Channel 3, and Verizon Channels 28 and 37. Please be careful and avoid any icy walkways, parking lots and driveways. We will do our best to continue keeping the roadways and sidewalks clear for you.

As always, stay safe and warm as we look ahead to the spring.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Rosa Paulino-Diaz
Assistant 781-599-0110 ext. 625
Kristi Harris
Assistant 781-599-0110 ext. 618

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers
Edmund Brown
Ernest Carpenter
Albert DiVirgilio
Daniel P. Hanlon
Frank LaMacchia
Lester McClain
Charles Mitchell
Frances Taggart

Clerk

Vice-President
President

Meets 4th
Wednesday
monthly at
1:30 p.m.

FRIENDS of LCOA Executive Board

Joan B. Noble
Linda Rosendahl
Deb Small
Cindy LeBlanc
Virginia Calef

President
Vice-President
Treasurer
Recording Secretary
Membership Secretary

Meets last
Thursday
monthly at 10 am

Do you have free time and want to socialize?

Love to drive?

The Lynn Senior Center is actively seeking a volunteer driver.
Inquire to see what it entails. We offer free extensive training.

What do you receive?

You receive endless cups of coffee, a free senior center shirt and lunch on the days you drive.

All that and good will... priceless!

If interested, see Stacey or call 781-586-8503.



FEBRUARY HAPPENINGS

Tues, Feb 4	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
Tues, Feb 4	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Tues, Feb 4	Senior Center Gamers Group!	2 p.m. -3 p.m.
Weds, Feb 5	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 1:00 p.m.
Fri, Feb 7	FREE! Exercise Class! FREE! Try it! Patrice will gently show you how to exercise at your level... chair class.	11:30 a.m. – 12:15 p.m.
Tues, Feb 11	Blood Sugar <u>AND</u> Blood Pressure Clinic “Lucy Booth” Open! Nurse available for your questions. Large Activity Room	8:00 a.m. – 9:30 a.m.
Tues, Feb 11	<u>Lunch Trip:</u> Chateau Andover	10:30 a.m. – 1:15 p.m.
Tues, Feb 11	Senior Center Gamers Group!	2 p.m. -3 p.m.
Thurs, Feb 13	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Fri, Feb 14	Valentine’s Day Events	



9:30 a.m. Balloon Trivia Win prizes! Free fun!
 11:00 a.m. Joey Canzano Live Entertainer
 Sponsored by the **FRIENDS of the Lynn Council on Aging & ALL CARE VNA**

Mon, Feb 17	President’s Day	Center is Closed
Tues, Feb 18	Senior Center Gamers Group!	2 p.m. -3 p.m.
Thurs, Feb 20	<u>Lunch Trip:</u> Brother’s Kouzina	10:30 a.m. – 1:00 p.m.
Fri, Feb 21	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Mon, Feb 24	Women’s Group	9:45 a.m.
Tues, Feb 25	Senior Center Gamers Group!	2 p.m. -3 p.m.
Tues, Feb 25	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Weds, Feb 26	Lynn Council on Aging Board of Director’s Meeting	1:30 pm
Thurs, Feb 27	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, Feb 27	FRIENDS OF LCOA meeting 😊	10 a.m.

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FEBRUARY 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
3 Roast beef/gravy Seasoned potato wedges Italian blend veg. WW bread Cookie ALTERNATIVE Chicken creole	4 Turkey chili Brown rice Garden salad/dressing Cornbread Fresh fruit ALTERNATIVE Stewed goat	5 Stuffed shells/marinara sauce Broccoli WW bread Pudding ALTERNATIVE Caribbean style beef tips/Peppers & onions,yucca	6 Lemon pepper pork Black eyed peas & brown rice Garden salad/dressing WW bread Fresh fruit ALTERNATE Turkey/citrus sauce	7 Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit ALTERNATIVE Oxtail/sauce
10 Baked fish/creole sauce Sweet potato wedges Corn WW bread Fruit cocktail ALTERNATIVE Jerk chicken Sweet potato wedges	11 Roasted pork loin/gravy Brown rice & beans Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Dominican roast turkey Brown rice & beans	12 Fresh turkey burger/roll Mixed vegetables Cauliflower Pudding ALTERNATIVE Stuffed shells/marinara sauce Green peas	13 Chicken parmesan Penne pasta Garden salad/dressing WW bread Fruit loaf ALTERNATIVE Caribbean baked fish/sauce Penne pasta	14 VALENTINE'S DAY SPECIAL Boeuf bourguignon Whipped potatoes Carrots WW bread Cheesecake w/ strawberry sauce
17 HOLIDAY	18 Southern style cod filet Candied yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Roast beef/gravy	19 Meatloaf/brown gravy Corn California blend veg. WW bread Pudding ALTERNATIVE BBQ pulled pork,egg noodles	20 Dominican chicken Red potatoes Garden salad WW bread Cookie ALTERNATIVE Macaroni & cheese	21 Cheese tortellini/meat sauce Broccoli Rye bread Fresh fruit ALTERNATIVE Tripe stew Corn meal
24 Boneless pork chops Baked beans Collard greens WW bread Fruit cocktail ALTERNATIVE Salsa chicken	25 Chicken/balsamic sauce Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Stuffed rigatoni/	26 Salmon/dill sauce Vegetable rice pilaf Peas & pearl onions Italian bread Cake ALTERNATIVE Turkey/creole sauce	27 Meatball stroganoff Egg noodles Tossed salad/dressing WW bread Pudding ALTERNATIVE Stewed goat	28 Turkey Milanese Mashed sweet potatoes Corn Rye bread Fresh fruit ALTERNATIVE WW cheese pizza

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Requested Donation is \$2.00 per meal

SENIOR CENTER ACTIVITIES • FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO (NEW TIME)	12:30-1:30 ESL CLASS	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	12:30-2:30 CRIBBAGE	11:30-12:15 EXERCISE CLASS	12:00-1:30 DANCE PARTY	11:15-12:15 COMPUTER CLASS #2
	1:00-2:45 POKENO	12:30 – 1:30 EXERCISE (SPANISH)	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	1:30 BILLIARDS CLUB	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
	2:00-3:00 GAMERS GROUP	1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Cathy Osmer in admissions for more information.



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ADAPTIVE UNITS

CASINO TRIPS

Departs from Lynn
Senior Center

Foxwoods \$27

7 am - 6:30 pm
Thursday, March 20, 2014

Mohegan Sun \$27

Tuesday, April 15, 2014



Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip.
Sign up in person at the senior center. OR
Mail in your registration and check.

Bonus package:

*\$10 food coupon for retail food vendors
or free buffet*

*Plus \$10 bonus slot play added to your
rewards card on the bus before entering casino.
Remember to bring your rewards card!*



Casino Trips from Revere

Mohegan Sun \$25

10:00 a.m. - 8:30 p.m.

February 4th & 18th

March 4th & 18th

April 1st & 15th

May 13th & 27th

June 10th & 24th

Twin River \$23

10:00 a.m. - 7:30 p.m.

February 13th & 27th

March 13th & 27th

April 10th & 24th

May 8th & 22nd

June 5th & 19th

Casino Trips from **REVERE!**
Now Express!! Straight run-
no stops!

Call Elaine at 781-289-

**6144 for reservation, questions,
and pick up location/parking.**

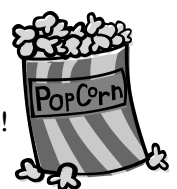
MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Feb 5	Flipped	PG	2010	90 min
Feb 12	An Affair To Remember	NR	1957	114 min
Feb 19	Love Affair	PG-13	1994	108 min
Feb 26	Bed Roses	PG	1996	88 min



Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.



COMPUTER CLASS NOTICE

Classes are limited to 8 students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fri-days**. Each series is **five weeks** long and costs **\$50**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

LCOA, 8 Silsbee Street, Lynn, MA 01901.

Expect a phone call confirming your registration.

Questions?? Call Mayra 781-586-8546

COMPUTER CLASS DESCRIPTIONS:

Introduction to Computers & Windows 7, Class #1

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing.

10:00 a.m. – 11:00 a.m.

Next class: Feb 21st, Feb 28th, Mar 7th, Mar 14th, Mar 21st

Introduction to Computers & Windows 7, Class #2

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth.

11:15 a.m. – 12:15 p.m.

Next class: Feb 21st, Feb 28th, Mar 7th, Mar 14th, Mar 21st





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Wellness Watch February 2014

Taking Medication Safely

While everyone needs to be careful taking medicine, older adults frequently take more than one medication at a time, and anyone taking more than one medication at a time needs to be extra careful. As people age the body's ability to break down substances can decrease, so that older adults may not be able to process drugs as well as they once did. Along with this change, we also must be aware that all medicines have risks and benefits. The benefits of medication are the helpful effects you get when you take them. For instance, the antibiotic that might be prescribed for pneumonia kills the bacteria that caused the illness. The risk of the medication might be the upset stomach you experience taking an antibiotic. Risks are sometimes called side effects. Side effects may be minor and temporary such as dry mouth or may be major such as an allergic reaction, bleeding or damage to vital organs such as the kidneys.

Taking medication is a vital part of managing any illness or chronic condition. Taking medication is something that your health care provider expects you to be able to self-manage. Although you may be the person solely responsible for taking your medicine correctly, there are resources available to help you. A friend or a family member may help with reading labels. You may want to set up your medication in pill boxes if you have memory problems. Your doctor and your pharmacist can help you with effects or side effects of medication. It is important for you to communicate with your health care professionals about how your medicine makes you feel. You also may want to have a "medication check-up" You can obtain this by calling the MassMedLine Pharmacist at 1-866-633-1617. It's important to remember that you can ask for help when managing multiple medications. You will be successful and healthier if you have the knowledge to do it right.

SNAP- Food Stamps Benefit Info

Info you may not know....

Claim all your medical expenses; it may increase your food budget.

Food Stamp Program rules give you the right to claim allowable medical expenses. Verified medical costs (over \$35.00) will be deducted from your countable income so you may get more food stamps.

Under a new rule, you may be eligible to receive a Standard Medical Deduction. If your regular monthly medical costs are greater than \$35, you may show your DTA caseworker your bills or receipts to get higher food stamp benefit which may add up to \$30 per month to your food stamps. A one-time medical bill or receipt, such as a bill for a hospital stay, hearing aid, or wheelchair purchase could also be verified for higher food stamp benefits. Be sure to talk to your DTA case worker.

Eligible medical expenses include the following if verifiable:

Health Insurance premiums and deductibles

Medical costs not reimbursed- co -pays, physical therapy, dental care, ER, outpatient or hospitalization charges.

Over the counter medicines and prescriptions- prescribed meds, over the counter pain relievers, antacids, vitamins, insulin, herbal supplements.

Health Related Supplies- eyeglasses, dentures, contacts, foot care, hearing aids and batteries, incontinence wear.

Car mileage and transportation- You can claim and document mileage for use of your car or cost of public transportation, taxi or RIDE, to a medical appointment or pharmacy.

Home Health Care Costs- You can claim and prove costs for home health care or housekeeping services due to your age or illness.

Alternative Medical Treatments- You can claim and submit bills for prescribed treatments; such as chiropractic, acupuncture, or massage.

Service Animal Expenses- You can claim and prove costs for service animals, including veterinary bills and food supplies.

Food Stamp Office Hours at Lynn Senior Center

1st Wednesday of every month

9am-1pm

Be My Valentine!

S	Y	R	A	U	R	B	E	F	F	N	O	R	Y	Z	D	S	S
R	E	C	U	A	H	C	Y	E	R	F	F	O	E	G	N	R	U
E	W	T	M	G	A	A	K	S	H	P	L	H	D	D	E	E	R
X	B	P	A	R	Q	I	P	T	I	A	I	E	I	B	I	W	P
B	L	O	R	L	N	A	N	N	I	T	T	A	P	A	R	O	R
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U	W	Y	N	Q	E	C	E	A	H	V	Y	T	C	H	L	F	S
S	E	E	F	T	U	P	O	W	N	X	G	S	X	N	R	O	E
Q	S	C	R	R	S	E	H	H	V	A	L	E	N	T	I	N	E
S	R	U	N	E	I	X	T	S	C	Y	D	N	A	C	G	L	W
D	O	O	Z	A	F	E	V	H	U	S	A	I	N	T	D	O	O
F	G	C	S	H	M	I	N	V	G	L	J	Z	O	E	A	V	B
P	S	C	H	E	I	O	W	D	L	U	B	B	R	Z	V	E	M
J	Y	J	C	M	S	F	R	H	U	S	B	A	N	D	R	A	C

hearts

surprise

saint

romance

pink

boyfriend

flowers

white

girlfriend

candy

red

husband

blush

valentine

wife

love

kindness

bouquet

Cupid

special

roses

bow

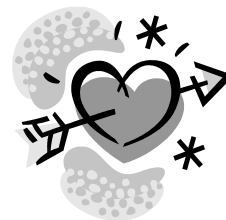
card

February

arrows

chocolates

fourteenth



Medical Outreach Program of Greater Lynn

Office Hours at the Lynn Senior Center
Every Thursday 9:30 am – 11:30 am
Starting February 6th

~Reaching the underserved individuals and families in need of health care services in the greater Lynn Community.~

Free exercise class!



Live it! Love it!

Fri, Feb 7th
11:30 am – 12:15 pm
Dance Floor



Join Patrice Cahill for our Strength and Balance Class.
Learn simple exercises to improve your health.

Breakfast Program

Our Breakfast Program now falls under the State Elder Nutrition Program and we are serving, Monday through Friday, 8 am – 9 am., under specific guidelines. One must be a registered participant of the Lynn Council on Aging Senior Center. The menu is subject to change and meals will be served while supplies last. One meal per person. The procedure is basically the same as lunch. Kindly swipe your card but tap breakfast so we may receive credit for the meal. The requested suggested donation for breakfast will be \$1.00. Please pay this to the collector at the desk.

The Volunteer Meal Policy remains the same. Volunteers receive a free meal only on the day they are working. Volunteers sign in by swiping their hours in the computer and we will alert the donation collector who is on duty for the day. This should alleviate any confusion.

Your donation compliments insufficient funding for these meal programs. Swiping your card results in documentation that gains us partial funding of the meals. Help us keep the Nutrition Programs thriving.

It's Tax Time!

TAX APPTS FEBRUARY 10th – APRIL 14th

MONDAYS 9am -12 pm

Partnered with AARP, the Lynn Senior Center is offering Free Tax Appointments to all registered seniors of the Lynn Council on Aging Senior Center. Appointments are 1 hour long on Mondays, 9am – 12 pm, starting February 10th ending April 14th. Please be advised that there are three tax advisors so three seniors will have the same appointment time. **Please call Mayra at 781-586-8546 to reserve your spot.** Expect a questionnaire in the mail that you are to fill in and bring with you on the date of your appointment. No preparations will be completed without this intake form. **Appointments are quickly filling up and are first come first serve.**

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

In loving memory of Jessie Gordon

~Beverly

Thank you for your donation.

~Paul Spates

Thank you for your donation.

~Robert Gallucci

Thank you for your donation.

~Maureen Hudson

Thank you for your donation.

~Fred Nelson

Thank you for your donation.

~Sophie Karampoulis

Thank you for your donation.

~David & Irene Lee

In loving memory of Jeanette Kallery

~Olivia Minchello

In loving memory of Linda Mullens

~Sylvia Mishel

In loving memory of Ruth Stinger

~Dorothea & Joseph James

DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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☐
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Person's Name: _____

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Hair Salon

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

February 4th
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

February 11th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

February 25th
9:00 am—11:00 am

PODIATRIST

February 13th & February 27th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm
Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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